

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND MEALS ON WHEELS MENU SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
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				Cold Roast Beef and Cheddar on Onion Bun Mayo and mustard pkts Potato Chips Broccoli Salad Grapes Chocolate Chip Cookie Alt. Fresh Fruit
4	5	6	7	8
HAPPY LABOR DAY NO MEALS SERVED	Whole Grain Spaghetti w/ Italian Meat sauce Steamed Spinach Italian Bread w/ butter Pear Half Dessert Bar Alt: Fresh Fruit	Indian Summer Porcupine Meatballs w/ Gravy Wild Rice Blend Fry Bread w/ Butter Squash Apple Pie Alt. Fresh Apple	Philly Chicken Sandwich Onions/peppers/provolone Wheat Kaiser Roll Baby Bakers w/ butter Country Style Vegetables Fruited Yogurt	Beef Stroganoff Buttered Egg Noodles Glazed Beets Sourdough Bread w/ butter Fresh Pear
11	12	13	14	15
Polish Sausage on sausage roll Ketchup & Mustard Sauerkraut American Fried Potatoes Banana Cream Pie Alt. Fruit Cocktail	Smoked Pork Chop Baked Sweet Potato w/ butter Green & Wax Bean Medley Marble Rye Bread w/ butter Watermelon	Fortune Cookie Day Beef and Broccoli Brown Rice Oriental Blend Vegetable Mandarin Oranges Dinner Roll w/ butter Fortune Cookie	Pork Cutlet Rice Pilaf Spinach Salad dressing Whole Wheat Roll w/ butter Peaches Rice Krispies Treat Alt: Fresh Fruit	Tuna Salad/Kaiser Roll Sliced Tomato Lettuce leaf Sliced Peaches Sun Chips Chocolate Iced Brownie Alt. Juice
18	19	20	21	22
Meatloaf w/ Gravy Garlic Mashed w/ gravy Crinkle Cut Carrots w/Dill 7 Grain Bread w/ butter Mixed Fruit Cup	Turkey Tetrazzini Broccoli & Cauliflower Medley Cucumber Salad Garlic Breadstick Lemon Bar Square Alt: Sugar Free Gelatin	Oven Roasted Pork w/ Apricot Glaze Au Gratin Potatoes Key Largo Vegetables Biscuit w/ butter Apple Crisp Alt. Fresh Apple	Summer's Last Stand Brat on Sausage Roll Ketchup / Mustard Baked Beans Potato Salad Fresh Melon Ice Cream Cup Alt. Sugar Free Ice Crm	Pub Burger on Kaiser Roll with Fried Onions and provolone Ketchup and Mustard Potato Casserole Wisconsin Blend Veg Chocolate Chip Cookie Alt. Banana
25	26	27	28	29
Cherry Glazed Oven Roasted Ham Roasted Potatoes Maui Blend Veg Multi Grain Dinner Roll w/ butter Pineapple Tidbits	Pork Chop Suey w/ Vegetables Brown Rice Japanese Blend Veg Egg Bread w/ butter Cantaloupe	BBQ Chicken on bone Potato Salad Diced Carrots Multigrain Bread butter Banana Cake w/Cream Cheese Icing Alt. Banana	Hearty Chili Mac Shredded Cheese, Onions, Sour Cream, Saltine Crackers Mixed Green Salad w/ Ranch Dressing Cornbread Muffin w/ butter Fresh Pear	Stuffed Salmon Boat w/Cream Sauce Quartered Red Potatoes Brussels Sprouts Rye Dinner Roll w/ butter Fresh Peach

SENIOR DINING AND MEALS ON WHEELS MENU OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
BBQ Pulled Pork On Kaiser Roll Au Gratin Potatoes Winter Blend Vegetable Tropical Fruit	Chicken Cordon Bleu Wild Rice Blend Spinach Salad w/ Raspberry Dressing Rye Bread w/ butter Cinnamon Apple Slices	Open-faced Hot Turkey and Gravy over bread Mashed Potatoes and gravy Peas and Carrots Frosted Yellow Cake Alt. Fresh Fruit	Green Pepper Casserole Whole Baby Carrots Orange Juice Garlic Breadstick w/ butter Lemon Pudding Alt. Sugar Free Pudding	Chicken Stroganoff Buttered Noodles Romaine Salad w/Peppercorn Ranch Dressing Whole Grain Bread w/ butter Mandarin Oranges
9	10	11	12	13
Salisbury Steak Mashed Sweet Potatoes Brussels Sprouts Seven Grain Bread w/ butter Fresh Banana	Hamburger on a bun w/ mustard and ketchup Potato Salad Coleslaw Iced Brownie Alt. Sugar Free Cookie	Roasted Chicken Baked Rosemary Potatoes Broccoli and Cauliflower blend Dinner Roll w/butter Dessert bar Alt: Diet pudding	Swedish Meatballs Buttered Egg Noodles Green Bean Casserole Bread w/Butter Tapioca pudding Alt. Diet Pudding	Garlic Lemon Chicken Baked Sweet Potato w/ butter 3-Bean Salad Wheat Bread w/ butter Cook's Choice Cookie Alt. Diet Cookie